

## **VARIABLY CONFIGURED EXERCISE DEVICE**

### **Abstract**

A variably configured exercise device is provided. The exercise device can include a vertical support member having a longitudinal axis, a sliding member configured to move along the vertical support member in a direction substantially parallel to the longitudinal axis, a pair of rails each having first and second end portions. The first end portion of each rail can be pivotally connected to the sliding member on the vertical support member. The exercise device can further include an actuation mechanism coupled to the sliding member where the actuation mechanism can be configured to selectively adjust the position of the sliding member relative to the vertical support member.